

Section A

Answer **all** questions.

You are advised to spend no longer than 45 minutes on Section A.

- 1** Name the term used to describe a diet that contains all nutrients in the correct proportion.

..... [1]

- 2** B-group vitamins are important for good health.

- (a)** Name **three** different plant sources of vitamin B₁ (thiamin).

1

2

3

[3]

- (b)** A deficiency of vitamin B₃ (nicotinic acid) can lead to pellagra.

Identify **one** symptom of pellagra.

..... [1]

- (c)** State **two** functions of vitamin B₁₂ (cobalamin) in the body.

1

2

[2]

[Total: 6]

3 Fats are used to provide the body with a source of energy.

(a) Give **one** example of how the body uses each of the following types of energy:

(i) mechanical energy

..... [1]

(ii) chemical energy

..... [1]

(iii) electrical energy.

..... [1]

(b) State **four** health reasons to reduce the intake of saturated fat.

1

2

3

4 [4]

(c) Suggest **five** ways that the intake of saturated fat could be reduced in meals.

1

2

3

4

5 [5]

(d) (i) Name the part of the digestive system where fats are digested.

..... [1]

(ii) Name the end-products of fat digestion.

1

2 [2]

[Total: 15]

4 Cheese contains calcium.

(a) Name **one** disease in children caused by a deficiency of calcium.

..... [1]

(b) Name **one** disease in adults caused by a deficiency of calcium.

..... [1]

(c) State why someone with high blood pressure should reduce the amount of cheese in their diet.

..... [1]

[Total: 3]

5 Eggs are a high-risk food.

(a) State **three** reasons why eggs are a high-risk food.

1

2

3 [3]

(b) Name **four** other different high-risk foods.

1

2

3

4 [4]

[Total: 7]

6 Identify and explain **eight** nutritional requirements for a 25-year-old female athlete.

- 1
-
- 2
-
- 3
-
- 4
-
- 5
-
- 6
-
- 7
-
- 8
-

[8]

Section B

Answer **all** questions.

- 7 A recipe for a pizza base uses the following ingredients:

strong plain white flour
salt
sugar
yeast
hand-hot water
oil

- (a) State **three** reasons why using strong plain flour is important when making the pizza base.

- 1
- 2
- 3 [3]

- (b) To increase the non-starch polysaccharide (NSP) / dietary fibre content of the pizza base wholemeal flour could be used.

Name **three** different ingredients which could be added to the pizza base to increase NSP.

- 1
- 2
- 3 [3]

- (c) State **two** functions of the salt in the pizza base recipe.

- 1
- 2 [2]

- (d) Name the gas produced by the yeast.

..... [1]

(e) Suggest **five** reasons why the baked pizza base may not have risen.

- 1
- 2
- 3
- 4
- 5

[5]

[Total: 14]

8 Describe first-aid treatment for a scald to the hand.

.....

.....

.....

.....

..... [3]

9 A slow cooker is a useful piece of kitchen equipment for cooking tough cuts of beef.

(a) State **five** other advantages of using a slow cooker.

- 1
- 2
- 3
- 4
- 5 [5]

(b) State **five** reasons why some cuts of beef may be tough.

- 1
- 2
- 3
- 4
- 5 [5]

(c) Describe **four** changes which take place when a tough cut of beef is cooked in a slow cooker.

- 1
- 2
- 3
- 4 [4]

(d) State why a recipe for a vegetable casserole advises dried kidney beans should **not** be used in a slow cooker.

..... [1]

(e) State **three** steps to follow to make dried kidney beans safe to use in the vegetable casserole.

- 1
- 2
- 3 [3]

[Total: 18]

10 The following ingredients can be used to make a thin (pouring) batter:

100 g plain flour
½ tsp salt
250 ml milk
1 egg

(a) Describe how to make the batter mixture.

.....

.....

.....

.....

.....

.....

.....

..... [5]

(b) Explain what happens to the batter mixture when it is being cooked.

.....

.....

.....

.....

..... [3]

(c) Name **two** dishes that can be made from the thin batter.

1

2 [2]

[Total: 10]

11 It is important that protein is included in the diet of a two-year-old child.

- Discuss the importance of high biological value (HBV) protein in the diet of a two-year-old child.
- Describe the possible consequences to their health if protein intake is too low.
- Discuss ways to ensure that HBV foods are safe for a two-year-old child to eat.

12 It is important to plan meals that suit the nutritional needs of individuals.
Discuss aspects, other than nutrition, that should be considered when planning and cooking family meals.

[15]

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